RESEARCH EVIDENCE FOR CHILDREN'S AID SOCIETY - CARRERA PROGRAM

Study Citation:	Philliber, S., Williams Kaye, J., Herrling, S., & West, E. (2002). Preventing pregnancy and improving health care access among teenagers: An evaluation of the Children's Aid Society–Carrera Program. Perspectives on Sexual and Reproductive Health, 34(5), 244–251.
Study Setting:	Six New York City agencies serving disadvantaged, inner-city populations
Study Sample:	484 New York City adolescents recruited by the participating youth agencies • Age at baseline ranged from 13 to 15 • 55% female and 45% male • 56% African American, 42% Hispanic, 2% some other race or ethnicity
Study Design:	**Randomized controlled trial.** Within each of the six participating youth agencies, about half the study participants were randomly selected to participate in the CAS-Carrera program and half were randomly selected to participate in each agency's regular youth programs, such recreational activities, homework help, or arts and crafts. Surveys were administered before the program began (baseline) and then annually for three years.
Study Rating:	The study met the review criteria for a **high** study rating.
Study Findings:	Three years after the program started: • Female adolescents participating in the intervention were significantly less likely to report having been pregnant or being sexually active. • The study found no statistically significant program impacts on pregnancy or sexual activity for male participants.
	The study also examined program impacts on a measure of dual contraceptive use (condom and a hormonal contraceptive method) at last intercourse. Findings for this outcome were not considered for the review because they did not meet the review evidence standards. Specifically, findings were reported only for subgroups of youth defined by sexual activity at follow up.
	Program impacts were also examined on health care outcomes such as receipt of medical checkups, vaccinations, and dental care. Findings for these outcomes were not considered for the review because they fell outside the scope of the review.

Last Updated: 05/31/12